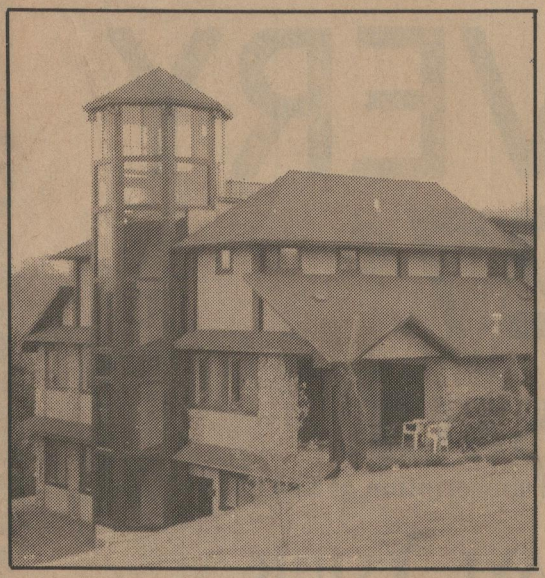
1987
The Sun



**The Monroe Institute has been located in Nellysford for about 20 years, but the organization remains a mystery to many local residents.**

# 'We're just regular people'

The Monroe Institute has called Nellysford home for nearly 20 years, but its mission is still foreign to many county residents.

"When I told this man I worked at the Monroe Institute, he asked if I worked with the brains in the lab," said Michael Boles, corporate development director of the institute. "I think a lot of people in the county think we are odd and unusual. We're not. We're just regular people."

The private non-profit institute revolves around a product called Hemi-Sync. It is the placement of a steady tone in one ear, then a different steady tone in the other ear. When these different tones are blended together in the brain, they supposedly cause an audible binaural beat or wavering sound that is a brain-produced phenomenon.